



Life with Cancer®

OCTOBER 2016

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Compassion Cultivation

●FC, Tue, Oct 4-Nov 29, 2:30-4pm

Cancer patients, survivors and their loved ones are invited to learn practices to support one's own health, to increase self-compassion and self-care to reduce stress and anxiety and enhance connections with others. Sam Lolak, MD, psychiatrist/psycho-oncologist and certified teacher for Compassion Cultivation Training will facilitate this program, developed at Stanford University. Prior meditation experience not required, but may be beneficial. Participation requires attendance on the first class and regular attendance thereafter (no more than 1 planned absence), active participation in class and commitment to regular home meditation practice. Space is limited and Registration is required.

Look Good...Feel Better

●FC, Mon, Oct 17, 7-9pm

●IAH-CCC, Mon, Oct 3, 6-8pm

A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy and radiation. First time registrants will receive a makeup kit. Family members/friends may not attend. Co-sponsored with American Cancer Society, National Cosmetology Association and Personal Care Products Council.

Mindfulness-Based Cancer Recovery Program for Women in Maintenance or Recently in Recovery

●FC, Wed, Oct 5-Nov 9, 1-2:30pm

●ILH-R, Wed, Oct 12-Nov 16, 6:30-8pm

Learn to: use proven mind-body cancer recovery skills during your healing and recovery; boost your immune function through meditation and healing yoga; calm feelings of fear, uncertainty, and lack of control; and discover your own capacity for healing and thriving after adversity. Participation requires: Attendance at the mandatory meeting for program overview; purchase of the book, "Mindfulness-Based Cancer Recovery," and reading assigned chapters prior to class; regular attendance;

and home meditation practice. Class size is limited and registration is required. To register call Rebecca McIntyre at 703.698.2524.

Orientation to Life with Cancer

●FC, Thu, Oct 13, 11:30am-12:30pm

●FC, Thu Oct 27, 6-7pm

Take a tour and learn about our many programs, classes, groups and services for children and adults. Please register by preceding day. Can't make a scheduled orientation? Just call Life with Cancer Connect 703.206.LIFE (5433) and arrange a personal tour.

Planning Ahead

●ILPO-I, Wed, Oct 26 to Nov 9, 6:30-8pm

This three week series is for anyone, wherever you are in your cancer experience. Speakers will include a wealth and financial manager, a hospice/palliative care practitioner and an oncology nurse navigator. These experts will provide information on and strategies for estate care planning, wills, health care decisions, advance medical directives and health care power of attorney, and addressing the circle of life. Dates for specific topics are TBD and will be listed in the online calendar when known. Please register.

Write to Heal: Processing Trauma through Journaling

●FC, Mon, Oct 10-Nov 7, 1:30-3pm

Cancer - hearing that word often creates a shutdown in our system that has the hallmarks of trauma. Tests, treatments and the circumstances of our lives can add to the traumatic stress. Journaling/Expressive Writing has a well-researched trauma protocol that can be used to write through the stress and aftermath of a cancer diagnosis. Join Deborah Ross, Licensed Professional Counselor (LPC, Certified Journal Therapist, (CJT) and co-author of, "Your Brain on Ink," in a five week journaling workshop that uses this protocol as well as some of the newer research from neuroscience to write through the traumatic stress to a clearing of healing and greater resilience. Our pen is among the mightiest of allies as we process trauma and direct the evolution of our story.

Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- **FO-AUD:** Fair Oaks Cancer Center Auditorium, 3580 Joseph Siewick Drive, LL, Fairfax, VA, 22033
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-RO** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **IAH-HEC 1&2:** Inova Alexandria Hospital-Health Education Rms 1&2, 4320 Seminary Road, Alexandria, VA. Enter through Visitor Entrance
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **IAH-LWC:** Inova Alexandria Hospital-Life with Cancer Office, 4320 Seminary Road, Ste 1.NE.5.4, Alexandria, VA, 22304
- **ICPH:** Inova Center for Personalized Health, 3225 Gallows Road, Fairfax, VA 22037
- **ILH A-B:** Inova Loudoun Hospital - Conference Room A-B, 44045 Riverside Parkway, Leesburg, VA
- **ILH-PER :** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA, 20176
- **ILH-R :** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **ILPO-I:** Inova Loudoun Physicians Offices I, 44055 Riverside Parkway, SUITE 210, Leesburg, VA, 20176
- **IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165

Strategies for Improving Chemobrain

● **FC, Thu, Oct 6-20, 10:30am-12pm**
 Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies to mitigate the impact that can accompany cognitive decline. This series is now in session and will be offered again in the winter. Facilitators: Sam Lolak, MD, Drucilla Brethwaite, MSW, LCSW, OSW-C, Molly Boehm, MSW, LSW and Michelle Ferretti, MSW.

Tools for Couples

● **FC, Wed, Oct 5-26, 6:30-8pm**
 During this four-week series, you can meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Class size is limited. Please plan on attending all four sessions. Facilitators: Micheline Tousseint, MSW, LCSW, RYT, and Drucilla Brethwaite, LCSW, OSW-C. For more information contact Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

Understanding Pain and an Alternative to High Potency Opioids

● **FO-LWC, Tue, Oct 4, 6:30-8pm**
 Dr. Michael Byas-Smith, Medical Director of The Capital Caring Adler Center and Center for Pain and Palliative Care, will discuss interventions performed to reduce the intake of oral opioids and the advantage of interventional blocks for reduction of side effects of oral medication such as drowsiness, dizziness and constipation.

Reiki, Level I, All Day Workshop

● **FC, Sat, Oct 29, 9am-4pm**
 During this day long workshop, participants will learn about the evolution and principles of Reiki, be introduced to Mindfulness Meditation, receive an attunement to Reiki energy, and learn a self-treatment protocol. Self-treatments can help ease the anxiety associated with appointments, tests, procedures and other treatments. At the completion of the day, participants will receive their Level I certificate. Facilitators will be several area reiki masters. Space is limited and registration is necessary by Wednesday, October 26. Please bring your own lunch.

Survivors Offering Support

A diagnosis of breast Cancer can be overwhelming. The SOS program brings together those newly diagnosed with trained volunteer mentors. These mentors, all breast cancer survivors themselves, can provide knowledge, support, encouragement and a shoulder to lean on. Whether you're facing breast cancer and could benefit from the help of a mentor or you are a breast cancer survivor and can offer help to another, SOS is for you. To learn more contact Pamela Crum, 703.698.2532 or pamela.crum@inova.org.



Feeling a little overwhelmed? Life with Cancer can help...

● **A Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

● **A Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

● To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

Give A Little, Help A Lot

● Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

Please send your tax-deductible contribution to:

Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031



OCTOBER is Breast Cancer Awareness Month



Special Events for Breast Cancer Awareness Month

Pathways to Survivorship

● ILH A-B, Sat, Oct 22, 9am-3pm

Life with Cancer and Loudoun Breast Health Network are partnering to offer breast cancer survivors a day of education. Learn about genomics and personalized medicine, managing anxiety, providing self-care and the importance of the role nutrition plays in survivorship. There will be time for self-indulgence including: massage, facials, vendors with bra fittings, wigs and more. Continental breakfast and light lunch are included. A registration link will soon be posted.

Breast Cancer Symposium

● ICPH, Sat, Oct 1, 8:30am-1:30pm

Life with Cancer and the Inova Schar Cancer Institute are hosting a Breast Cancer Symposium featuring experts in the areas breast cancer diagnosis and treatment, screening and prevention, genetic testing and management of psychological issues. The symposium is free of charge. Continental breakfast and Lunch are included. A registration link will soon be posted.

Pink Ribbon Brunch

● FC, Thu, Oct 27, 11am-1pm

For women with a breast cancer diagnosis, wherever you may be on your breast cancer journey, this special brunch is a chance for you to network on a more intimate basis and to hear the latest on breast cancer services in the oncology community - "Growing and Thriving" - with Dr. Costanza Cocilovo and others.

Breast Cancer Support Groups

● FC, Wed, Oct 5, 5:30-7pm

● FC, Tue, Oct 25, 12-1:30pm

● FO-RO, Wed, Oct 12, 5:30-7pm

● IAH-CCW, Mon, Oct 17, 5:30-7pm

● ILH-R, Mon, Oct 24, 5-6:30pm

● IMVH-CC, Wed, Oct 12, 6-7:30pm

These groups are for women newly diagnosed with stage 0-3 breast cancer, or are no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Register online at www.lifewithcancer.org or call 703.698.2526.

Young Women with Breast Cancer

● IAH-CCW, Tue, Oct 11, 6:30-8pm

● FC, Tue, Oct 18, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

Coalesce I: An Advanced Breast Cancer Group

● FC, Fri, Oct 7-28

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

Coalesce II: An Advanced Breast Cancer Group

● FC, Tue, Oct 11 & 25, 10:30am-12pm

Meet weekly with women of all ages to share life's joys and sorrows.

Breast Surgery Preparation

● FC, Tue, Oct 18, 12-1:30pm

● FO-LWC, Wed, Oct 12 & 26, 12:30-2pm

● IAH-CCC, Mon, Oct 3, 12:30-2pm

● IAH-CCC, Tue, Oct 18, 12:30-2pm

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family member/friend may attend. To register call 703.504.3019.

Breast Surgery Preparation and Rehab

● ILH-PER, Tue, Oct 4, 4-5:30pm

● ILH-PER, Thu, Oct 20, 12-1:30pm

If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend.

Breast Cancer Essentials Part I: Exercise

● FC, Thu, Oct 6-27, 6:15-7pm

For the newly diagnosed, no matter what age, this four-week series, paired with the

education series, will introduce you to aerobic exercise to help increase strength and flexibility and restore mind/body balance after breast cancer surgery. Participation in both the exercise and education series is STRONGLY recommended for full benefit. Register by Tuesday, 10/4.

Breast Cancer Essentials Part II: Education

● FC, Thu, Oct 6-27, 7:15-8:30pm

For the newly diagnosed, no matter what age, this four week series, paired with the exercise series, will feature a variety of healthcare professionals including Shara Sosa, LCSW, OSW-C; David Heyer, MD; Paula Levinson, PT, OCS, CLT; and an acupuncturist, massage therapist, and nutritionist who will present complementary approaches to treatment, hormonal therapy, potential lymphedema, and intimacy issues. We STRONGLY recommend that you participate in BOTH the education and exercise series. Register by Tuesday, 10/4.

Yoga for Breast Cancer

● FC, Wed, Oct 5 & 12, 5:30-6:45pm

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks.



The Role of Endocrine Therapy in Early Stage Breast Cancer

● FO-AUD, Wed, Oct 12, 4:30-5:30pm

If you have been prescribed endocrine therapy you may be wondering: Why is endocrine therapy a vital part of my treatment?...Do studies on show a reduction in recurrence when it's used?...What are the benefits vs. risks of side effects?...How do I manage side effects?...What do I need to know about bone health and healthy living during treatment?...and What resources are available to me as I navigate my survivorship journey? Join us as Dr. Mary Wilkinson discusses and answers your questions about endocrine therapy.

HEALTHY LIVING

Fitness for Wellness, Level I

● 44084 RP, Mon, Oct 3-31, 10:30-11:30am

● 44084 RP, Wed, Oct 5-Nov 2, 10:30-11:30am

For those who are new to fitness this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes. If attending for the first time in 2016, bring a signed Participation Waiver (available online to first class. Registration is required.

Fitness for Wellness, Level II

● 44084 RP, Thu, Oct 6-Nov 3, 10:15-11:15am

● 44084 RP, Tue, Oct 4-Nov 1, 10:15-11:15am

This series is for people who have taken level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes. Registration Required.

Level I Exercise: Launching into Fitness

● FC, Tue, Oct 4 & 11, 1-1:45pm

Class continues for those already registered.

Level II Exercise: Chair-Based, Mon

● FC, Mon, Oct 3-24, 2-2:45pm

● FC, Wed, Oct 5-26, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class is designed to increase mobility, build strength, flexibility and balance.

Level III Exercise: Keeping Fit

● FC, Mon, Oct 3-24, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. You'll build strength, balance and flexibility while moving to energizing music in this cardio dance based class.

Circuit Training

● 44084 RP, Tue, Oct 4-Nov 1, 9-10am

● 44084 RP, Thu, Oct 6-Nov 3, 9-10am

Circuit training is an approach to exercise that includes a number of exercise stations that target strength building, flexibility and balance. A "circuit" is one completion of all prescribed exercises. When one circuit is complete, one begins the first exercise again for the next circuit. You won't be bored doing Circuit training! Come to either or both sessions.

Cross-Train Challenge

● FC, Wed, Oct 5-26, 3-3:45pm

If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be 2 months post-surgery.

Shape Up

● FC, Thu, Oct 6-Nov 10, 7:30-8:30pm

An interval class for beginner to intermediate students, focusing on cardiovascular fitness and functional compound movements for full body training of all major muscle groups. Instructor: Health and Fitness Specialist, Assiatou Kama, MS.

Stronger Body after Cancer

● FO-LWC, Wed, Oct 5-26, 7-8pm

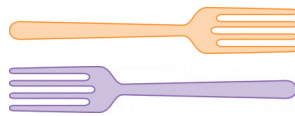
Class continues for those already registered. No drop-ins please.

Fighting Cancer with a Fork

● FO-RO, Tue, Oct 18, 12-1pm

● IAH-CCW, Wed, Oct 12, 1-2pm

Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register.



Gentle Yoga

● FC, Mon, Oct 3 and Oct 17-31, 7-8:30pm

● FC, Thu, Oct 6-27, 1-2pm

● 44084 RP, Tue, Oct 4-Nov 1, 11:30am-1pm

● 44084 RP, Mon, Oct 3-31, 7-8:30pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration required.

Laughter Yoga - Halloween Style!

● FC, Thu, Oct 27, 2-3pm

Halloween masks/accessories encouraged!! Practiced while sitting in a chair, laughter yoga is a combination of intentional, playful laughs and deep breathing exercises that have a number of benefits, including improved oxygen levels and lung capacity and reduced stress levels. Facilitator: Jenn Fay, MA, RYT. Please register by preceding day.

Sign up for weekly Life with Cancer Email News

How?

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

Restorative Yoga

● FC, Fri, Oct 7-28, 10:15-11:30am

● 44084RP, Fri, Oct 7-Nov 4, 12-1:30pm

This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket.

Yoga for Strength and Flexibility

● 44084 RP, Wed, Oct 5-Nov 2, 5-6:30pm

Bring your yoga practice to a new level. This yoga class will focus on strengthening your body and increasing flexibility. Registration required. Bring a blanket.

Yoga Nidra

● FO-LWC, Wed, Oct 5-Nov 16, 10-11:30am

This class is a blend of gentle and restorative Yoga stretches, breathing techniques, meditation and deep relaxation. The practices will help calm the nervous system, release and alleviate physical and emotional stress and anxiety restoring balance and calm connecting us with our inner healing forces. Yoga Nidra can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. Class is open to all levels. Please bring a yoga mat, pillow and blanket.

Zumba Gold

● 44084 RP, Fri, Oct 7-Nov 4, 10:30-11:30am

Zumba Gold combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix can help lift your mood and improve your general wellbeing. This class can be modified for your level of activity.

Zumba

● FC, Tue, Oct 4-25, 7-8

Please register under "Zumba - Bilingüe/Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing.

PROGRAMAS EN ESPAÑOL

Aprendiendo Juntos

●FC, lunes, 24 de octubre, 7-8:30pm

Aprender información útil para los sobrevivientes y sus seres queridos. Registración mandatorio. Para más información, llamar a David McGinness, 703.698.2529.

Zumba - Bilingüe/Bilingual

●FC, martes, 4-25 de octubre, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Para más información, llamar a 703.698.2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

STRESS MANAGEMENT

Dancing into Balance

●FC, Tue, Sept 9-Oct 11, 5:30-6:45pm

Letting music be the guide, explore rhythm, laughter, emotions and movement as you dance your way to improved well-being. Therapeutic dance and movement have been shown to improve quality of life and have the potential to enable individuals to reconnect with their bodies, improve balance and strength, decrease distress and build personal resources. Dress comfortably. Attendance for all classes encouraged. No experience necessary. Class is led by Elizabeth DeSeguirant, Founder/Director of Onelight Dance and Michelle Ferretti, MSW.

Drumming for Wellbeing

●FC, Mon, Oct 3 & 17, 10-11am

●44084 RP, Mon, Oct 3 & 17, 12-1pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Facilitator: Jennifer Brothers, MSW. Please register by previous day.



Healing through Art Therapy

●FC, Thu, Oct 20, 12:30-3pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. No experience is necessary, just a willingness to explore and be a part of a supportive, creative community. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Registration for this group begins on the 1st of each month. Once registered please call to cancel if you cannot attend so that someone else may attend. Facilitated by Jean McCaw, ATR-BC, LCPAT & Sarah Schmidt, MA

Healing Touch

●44084 RP, Wed, Oct 12, 6:15-7:15pm

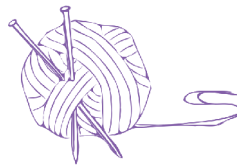
Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Knitting and Crocheting Circle

●FC, Tue, Oct 4, 7-8:30pm

●FC, Fri, Oct 21, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Facilitator: Carolyn Sam, M.Ed. Please register.



Meditation and Guided Imagery

●FC, Thu, Oct 6-20, 2-3pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breathwork and a relaxation technique that leads into a guided meditation. Come to one or come to all sessions, but please register by preceding day. Facilitator: Jenn Fay, RYT.

Mindfulness: Caring for the Mind and Body

●44084 RP, Thu, Oct 6-27, 11:30am-1pm

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket for your comfort. Facilitator: Ladan Judge

Mini Retreat: Pickin' up Good Vibrations

●FC, Sat, Oct 22, 9am-1pm

Jenn Fay, Yoga and meditation instructor and Amy Conley, pianist and vocalist will provide a variety of experiential activities including: chanting with positive modern secular themes; Yogic toning; Meditation with singing bowls; drumming; free-form dance and opportunities to share and build community. Bring a blanket. Registration required.

SPECIAL PROGRAM

Music Therapy

●FO-LWC, Thu, Sept 29-Nov 3, 11am-12:30pm

A series of six 90 minute music therapy group meetings using music to express, explore and inspire the human condition, increasing socialization and the human connection. No music background necessary.



Reiki for Relaxation

●FC, Mon, Oct 10, 6 and 7pm

●FC, Wed, Oct 26, 6 and 7pm

●FO, Wed, Oct 12, 4:30 and 5:30pm

●FO, Wed, Oct 26, 4:30 and 5:30pm

●44084 RP, Thu, Oct 27, 6:45-8pm

A level three certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Schedule your appointment online on or after the first business day of the month at 9:15 am.

Writing your Lifestories

●FC, Thu, Oct 20, 2:30-4pm

Monthly meeting for those who completed previous 4 week series, giving you the opportunity to remember and capture some of your favorite memories in writing.

Zentangle

● 44084 RP, Tue, Oct 11, 1:30-3pm

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. Take a mental vacation from cancer and enjoy the experience of Zentangle. All supplies will be provided, but if you have attended this class in the past, please bring your kit to this session. Instructor: Roberta Hughes, CZT.

SUPPORT & NETWORKING

Book Club: Being Mortal

● FO-LWC, Tue, Oct 25, 6-7:30pm

We welcome you to our very first book club meeting. *Being Mortal* by Atul Gawande is a recent book by this bestselling author, surgeon and professor. He shows us that the ultimate goal is not a good death but a good life - all the way to the very end. Maureen Broderick, LCSW will facilitate the discussion.

Brain Tumor Support Group

● FC, Tue, Oct 11, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting. Facilitators: Vera Hirshman, RN, and Micheline Toussaint, LCSW.

Carcinoid Cancer Support Group

● FC, Sat, Oct 8, 10-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection

● FO-LWC, Wed, Oct 12, 5:30-7pm

● FC, Mon, Oct 10, 7-8:30pm

● ILH-R, Mon, Oct 10, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Monday. Facilitator: Karen Archer, MSW.

Colorectal Cancer Connect Group

● ILH-R, Wed, Oct 19, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship. Facilitators: Roberta Quirk, MSW and Mary Kay Mecca, RN

Cutaneous Lymphoma Support Group

● FC, Sat, Oct 8, 10am-12pm

Individuals with all forms and stages of cutaneous lymphoma, and their support partners, are welcome to attend our monthly meetings to connect with and learn from others who share this disease. To register go to <http://www.surveygizmo.com/s3/1318969/DC-Patient-Networking-Event-RSVP>.

Good Grief

● IAH-LWC, Thu, Oct 13-Dec 1, 2:30-4pm

● FO-LWC, Thu, Oct 6-Dec 1, 6-8pm

● FC, Tue, Oct 4-Nov 1, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Group facilitated by Sarah Brooks, LPC. Registration is required.

Good Grief: Loss of a Spouse/ Partner

● ILH-R, Mon, Oct 3-31, 6:30-8:30pm

Group continues for those already registered.

GYN Cancer Support Group

● FC, Wed, Oct 26, 5:30-7pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another. FC Facilitators: Rebecca McIntyre, MA, MEd, LCSW, OSWC and Christine Bloom.

Head and Neck Cancer Support Group

● FC, Wed, Oct 12, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another. Facilitator: Corinne Cook, LCSW, and Gerry Higgins, MSN, RN-BC, OCN.

Just for the Guys

● FC, Tue, Oct 4-18, 6:30-8pm

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this four-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. Facilitator: David McGinness, LCSW, OSW-C.

Leukemia and Lymphoma Support Group

● FC, Mon, Oct 17, 1-2:30pm

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion.

Living with Advanced Disease

● FO-LWC, Thu, Oct 13 & 27, 1-2:30pm

● ILH-R, Mon, Oct 24, 6:30-8pm

Join us as we explore ways to learn to live with advanced cancer and the many questions and life decisions that come along with an advanced cancer diagnosis. Feel free to bring your lunch and join others who can support you on this road. Registration encouraged.

Lung Cancer Group

● FC, Wed, Oct 5, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Making Sense of Your Story

● FC, Wed, Oct 12, 12:30-2:30pm

Group continues for those already registered.

Multiple Myeloma

● FC, Thu, Oct 20, 11:45am-1:30pm

Patients and families are invited to get together to discuss, learn, and share the challenges of living with multiple myeloma. This month will feature an open discussion group. Facilitators: Drucilla Brethwaite, LCSW and Susan Carlson, RN. Co-sponsored with Leukemia & Lymphoma Society. Light lunch, so please register!

Us Too Prostate Cancer Support Group

● IAH-HEC 1&2, Thu, Oct 13, 6-7:30pm

This monthly group will include a 20-30 minute presentation by a physician or other health professional on an area relevant to prostate cancer, followed by fellowship- an opportunity to share and learn with other survivors both in and out of treatment.

Us Too Prostate Cancer Support Group

● LCSC, Tue, Oct 11, 6-8pm

Join other men who have been diagnosed with prostate cancer. These meetings provide an opportunity to network with others, gain valuable resources and listen to professional speakers as arranged by the group.



Us Too Prostate Cancer Support Group

●FC, Tue, Oct 11, 7:30-9pm

Join other men who have been diagnosed with prostate cancer. This meeting will feature a discussion on the affordability of prostate cancer drugs.

Spirituality Quest: Walking the Labyrinth

●FC, Tue, Oct 11, 10:30am-12pm

Join us for our annual "Walking the Labyrinth" meeting. This year we will be inaugurating a new canvas floor labyrinth at our Family Center! Experienced labyrinth facilitator, Judi Cooper will provide an overview of the ancient historical and spiritual significance of labyrinths. Please register by Monday, 10/10.

SPECIAL
SPEAKER

Waldenstrom's Support Group

●FC, Sat, Oct 22, 2-4pm

Dr. Kenneth David Miller, MD presents, "Seasons of Survivorship", a blend of medical and psychosocial issues of cancer survivors and their care-givers. For more information on this patient-led meeting, please contact lukleppinger@verizon.net.

What to Say and Not to Say: The Funny and the Not So Funny

●FC, Tue, Oct 4, 7-8:30pm

Come ready to share, laugh and/or cry your favorite (or not-so-favorite) quotes heard after being diagnosed and what you would have liked to have heard. Co-facilitated by Shara Sosa, LCSW, OSW-C and Marsha Komandt, RN, OCN. Register by Monday 10/3 at www.lifewithcancer.org or call 703.698.2526.

SPECIAL
PROGRAM

Women's Survivorship Group

●ILH-R, Thu, Oct 13, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer. Facilitator: Sandra Weller, LCSW, OSW-C.

Young Adult Support Group

●FC, Thu, Oct 27, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Facilitators: Sage Bolte, PhD, LCSW, OSW-C and Ray Wadlow, MD. Please register.

CHILDREN, TEENS, PARENTS

Curious About Cancer

●FC, Wed, Oct 5-26, 5:30-6:30pm

This is a six-week series for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. To register or for more information contact Jean McCaw MA, ATR-BC, LCPAT, Child & Adolescent Program Coordinator, 703.698.2537 or jean.mccaw@inova.org.

Loss of a Child: Bereavement Support Group for Parents

●FC, Tue, Oct 4-Nov 29*, 6-7:30pm

*No group Nov 22.

Many parents that have lost a child feel alone in their grief. This group will help to break down that isolation, bringing parents together to share their common sorrows and exceptional strengths in an environment of mutual respect, acceptance and support. Please note: This series is for parents who have lost a child or teen to cancer within the last 2 years. We generally recommend a waiting period of three months before attending a bereavement support group. Individual counseling is available at Life with Cancer in the interim. Attendance at all 8 sessions is recommended as each group session builds on the previous group. Facilitators: Rebecca McIntyre, LCSW, OSW-C and Jean McCaw, MA, ATR-BC, LCPAT. No online registration. To register contact Rebecca McIntyre at rebecca.mcintyre@inova.org or call 703.698.2524.

Surviving Cancer Competently Program: For Parents of Children Newly Diagnosed with Cancer

●FC, Thu, Oct 27, Nov 10 and Dec 1, 6-7pm

Developed by leading experts at the Children's Hospital of Philadelphia, SCCIP-ND is a three-session, skill-based program that aims to promote individual and family coping, competence and resilience. The course is facilitated by experienced oncology therapist with specialized training in the SCCIP-ND intervention. Facilitators: Rebecca McIntyre, MA, M.Ed., LCSW, OSW-C, and Jean McCaw, MA, ATR-BC, LCPAT.

Pediatric Oncology Parent Night: Halloween Party

●FC, Mon, Oct 24, 6-8:30pm

Attention little spooks and goblins! Come in costume and join us for the 7th Annual Family Halloween Party with food, prizes, crafts, and games. All ages, on and off treatment are welcome. RSVP to Jean McCaw, MA, ATR-BC, LCPAT, at 703.698.2537, Jean.McCaw@inova.org or to dccandlelighters@gmail.com by 10/21.



Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176

- Appointments are for patients/survivors and their family members
 - Physician approval is required; ask for written permission at your next appointment
 - To schedule or cancel your appointment: In Fairfax call Fran Arnold, 703.851.0995 or Cindy Rocca, 703.598.4321 In Loudoun call Fran Arnold, 703.851.0995
 - Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org
- Please Note:** Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				1 8:30am Breast Cancer Symposium (ICPH) 2
3 10:30am Fitness for Wellness (44084 RP) 10am Drumming for Wellbeing (FC) 12pm Drumming for Wellbeing (44084 RP) 12:30pm Breast Surgery Preparation (IAH-CCC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Look Good...Feel Better (IAH-CCC) 6:30pm Good Grief (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC)	4 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Lvl II (44084 RP) 11:30am Gentle Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 2:30pm Compassion Cultivation (FC) 4pm Breast Surgery Preparation (ILH-PER) 5:30pm Dancing into Balance (FC) 6pm Loss of a Child (FC) 6:30pm Just for the Guys (FC) 6:30pm Understanding Pain (FO-LWC) 7pm Zumba! (FC) 7pm Knitting and Crocheting Circle (FC) 7pm What to Say and Not to Say (FC) 7:15pm Good Grief(FC)	5 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Breast Cancer Group - Wed(FC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Curious About Cancer (FC) 6:30pm Lung Cancer Group (FC) 6:30pm Mindfulness-Based Cancer Recov. (ILH-R) 6:30pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC)	6 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Lvl II (44084 RP) 10:30am Chemobrain (FC) 11am Music Therapy (FO-LWC) 11:30am Mindfulness: Caring for the Mind ... (44084 RP) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 6pm Good Grief (FO-LWC) 6:15pm Breast Cancer Essentials: Part 1 (FC) 7:15pm Breast Cancer Essentials: Part 2 (FC) 7:30pm Shape Up (FC)	7 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 8 10am Cutaneous Lymphoma Support Group (FC) 10pm Carcinoid Cancer Group (FC) 9
10 10:30am Fitness for Wellness, Lvl I (44055 RP) 1:30pm Write to Heal(FC) 2pm Level II Exercise: Chair-Based(FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 6:30pm Good Grief(ILH-R) 7pm Reiki for Relaxation (FC) 7pm Evening Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC)	11 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Lvl II (44084 RP) 10:30am Coalesce II (FC) 10:30am Spirituality Quest: Labyrinth (FC) 11:30am Gentle Yoga (44084 RP) 1pm Level I Exercise: Launching into Fitness (FC) 1:30pm Zentangle (44084 RP) 2:30pm Compassion Cultivation (FC) 5:30pm Dancing into Balance (FC) 6pm Loss of a Child (FC) 6pm Us Too Prostate Cancer Support Group (LCSG) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 6:30pm Just for the Guys (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Group (FC)	12 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12:30pm Breast Surgery Prep. (FO-LWC) 12:30pm Making Sense of Your Story (FC) 1pm Fighting Cancer with a Fork (IAH-CCW) 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 4:30pm The Role of Endocrine Therapy ... (FO-AUD) 4:30 Reiki (FO-LWC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30 Reiki (FO-LWC) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Curious About Cancer (FC) 5:30pm Breast Cancer Group (FO-RO) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers (FC) 6pm Breast Cancer Group (IMVH-CC) 6:30pm Mindfulness-Based Cancer Recov. (ILH-R) 6:15pm Healing Touch (44084 RP) 6:30pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC)	13 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Chemobrain (FC) 11am Music Therapy (FO-LWC) 11:30am Orientation (FC) 11:30am Mindfulness: Caring for the Mind ... (44084 RP) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Meditation and Guided Imagery (FC) 2:30pm Good Grief (IAH-LWC) 6pm Good Grief (FO-LWC) 6pm Us Too Prostate Cancer Support Group (IAH-HEC 1&2) 6:15pm Breast Cancer Essentials: Part 1 (FC) 6:30pm Women's Survivorship Group (ILH-R) 7:15pm Breast Cancer Essentials: Part 2 (FC) 7:30pm Shape Up (FC)	14 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 15 16
17 10:30am Fitness for Wellness, Level I (44084 RP) 10am Drumming for Wellbeing (FC) 12pm Drumming for Wellbeing (44084 RP) 1pm Leukemia and Lymphoma Support Group (FC) 1:30pm Write to Heal (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5:30pm Breast Cancer Group (IAH-CCW) 6:30pm Good Grief (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)	18 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11:30am Gentle Yoga (44084 RP) 12pm Fighting Cancer with A Fork (FO-RO) 12pm Breast Surgery Preparation (FC) 12:30pm Breast Surgery Preparation (IAH-CCC) 2:30pm Compassion Cultivation (FC) 6pm Loss of a Child (FC) 6:30pm Just for the Guys (FC) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Young Women with Breast Cancer (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	19 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12:30PM Making Sense of Your Story (FC) 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Curious About Cancer (FC) 6pm Colorectal Cancer Connect Group (ILH-R) 6:30pm Mindfulness-Based Cancer Recov. (ILH-R) 6:30pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC) 7pm Dancing to Wellness (FC)	20 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Chemobrain (FC) 11am Music Therapy (FO-LWC) 11:30am Mindfulness: Caring for the Mind ... (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Breast Surgery Preparation (ILH-PER) 12:30pm Healing through Art Therapy (FC) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Good Grief (IAH-LWC) 2:30pm Writing Your Lifestories (FC) 6pm Good Grief (FO-LWC) 6:15pm Breast Cancer Essentials: Part 1 (FC) 7:15pm Breast Cancer Essentials: Part 2 (FC) 7:30pm Shape Up (FC)	21 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 1pm Knitting and Crocheting Circle 22 9am Mini Retreat (FC) 9am Pathways to Survivorship (ILH A-B) 2pm Waldenstrom's Group Meeting (FC) 23
24 10:30am Fitness for Wellness, Level I (44084 RP) 1:30pm Write to Heal (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Group at Loudoun (ILH-R) 6pm Pediatric Oncology Parent Night: Halloween Party (FC) 6:30pm Living with Advanced Disease (ILH-R) 6:30pm Good Grief (ILH-R) 7pm Evening Gentle Yoga (44084 RP) 7pm Evening Gentle Yoga (FC) 7pm Aprendiendo Juntos (FC)	25 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Coalesce II (FC) 11:30am Gentle Yoga (44084 RP) 12pm Breast Cancer Group at Fairfax (FC) 2:30pm Compassion Cultivation (FC) 6pm Book Club (FO-LWC) 6pm Loss of a Child (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	26 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness, Level I (44084 RP) 12:30pm Breast Surgery Prep (FO-LWC) 1pm Mindfulness-Based Cancer Recovery (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 4:30 Reiki (FO-LWC) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30 Reiki (FO-LWC) 5:30pm GYN Cancers Group (FC) 5:30pm Curious About Cancer (FC) 6pm Reiki for Relaxation (FC) 6:30pm Mindfulness-Based Cancer Recov. (ILH-R) 6:30pm Planning Ahead (ILPO-I) 6:30pm Tools for Couples (FC) 7pm Stronger Body After Cancer (FO-LWC) 7pm Reiki for Relaxation (FC)	27 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11am Music Therapy (FO-LWC) 11am Pink Ribbon Brunch (FC) 11:30am Mindfulness: Caring for the Mind ... (44084 RP) 1pm Gentle Yoga (FC) 1pm Living with Advanced Disease (FO-LWC) 2pm Laughter Yoga (FC) 2:30pm Good Grief (IAH-LWC) 6pm Good Grief (FO-LWC) 6pm Orientation (FC) 6pm Surviving Cancer Competently (FC) 6:15pm Breast Cancer Essentials: Part 1 (FC) 6:45pm Reiki for Relaxation (44084 RP) 7:15pm Breast Cancer Essentials: Part 2 (FC) 7:30pm Shape Up (FC) 7:30pm Young Adult Group (FC)	28 Coalesce (FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 29 30
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